



fit  
flavour  
  
made in la  
with luv

# fit flavour is your guide for plant-based proteins

how do you get enough protein on a plant-based diet?  
it's simpler than you think!

we all share a space in a world saturated with seemingly  
endless nutritional confusion. fit flavour's goal is to visually  
communicate the plants that have the highest amount of  
protein in an impactful and memorable way.

might we also mention that plant-based diets  
[could save millions of lives?](#)

## Edamame

13g

1/2 cup, shelled



Tip: make dips and pestos

## Peas

9g

1 cup



Tip: an easy add to salads

## Avocado

4g

1 whole



Tip: swap for butter

## Hemp seeds

9g



## Almonds

6g

1 oz

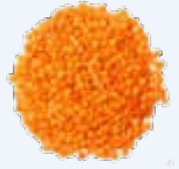


Tip: add to oatmeal, salads

## Lentils

18g

1 cup, cooked



Tip: make into a filling soup

## Tofu

10g

1/2 cup



Tip: swap for eggs

## Chia seeds